

Fall Kale Salad

Ready in **30 min**

Serves **4 ppl**

285 calories Total per serving

Ingredients

- 2 cups Chopped/Torn **Kale**
- 8 TBSP **Pepitas**
- 4 oz **Goat Cheese (Honey or any flavor you love)**
- 1 TBSP **Olive Oil**
- **Zest and Juice of 1 Lemon**
- 1 cup cooked **Quinoa**
- **Salt and Pepper** to taste

Preparation

1. Wash, dry, and tear apart kale leaves. * Add to a large salad bowl.
2. Zest and juice one lemon into a blender. Add Olive oil, salt, and pepper to the blender and emulsify dressing. Add over kale, toss, and let sit for 20-30 minutes.
3. Add 1 cup cooked quinoa, 4 oz of your favorite goat cheese (I used honey), and pepitas.
4. Toss and enjoy on its own or pair with Soup for a well-balanced meal.
5. For added flavor, toast your pepitas in a shallow frying pan with spices and a light spritz of oil.

Tips

- *Kale stems can be very “woody” and fibrous. Discard large stems.

- Emulsifying your salad dressing will allow for it to stick better to all your ingredients and prevent it from pooling at the bottom of the bowl (often leading to excess dressing consumption).
- Allowing for the kale to sit with the salad dressing with soften and tenderize the harshness of the raw kale.

Budget

\$7.73 Total/**\$1.93** Total per Serving

All items are SNAP eligible

Nutrition

1 Lean Protein

1 Whole Grain

2 Vegetables

0 Fruit

1 Dairy

Fall Kale Salad		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	284.6 kcal	14 %
Total Fat	20.3 g	31 %
Saturated Fat	7.7 g	39 %
Trans Fat	0.3 g	
Cholesterol	22.4 mg	7 %
Sodium	173.7 mg	7 %
Total Carbohydrate	14.2 g	5 %
Dietary Fiber	3.3 g	13 %
Sugars	1.1 g	
Protein	13.3 g	27 %
Vitamin A	29 %	Vitamin C 41 %
Calcium	16 %	Iron 15 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>

Storage

Meal will last in Fridge **3-4 days**



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